

Clean your hands often



- Wash hands with soap and water for at least 20 seconds.
- If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose and mouth with unwashed hands

Avoid sharing personal items



- Do not share dishes, glasses, cups, utensils, towels, bedding.
- Wash thoroughly with hot water and soap after use

Clean surfaces after use or every day

- Surfaces such as phones, remote controls, counters, tabletops, light switches, doorknobs, bathroom fixtures, toilets, keyboards, tablets, chairs



Disinfectant Solution:

- Bleach solution: 1/3 cup bleach in one gallon of water (or 80 ml bleach in 4 liters of water)
- Spray or apply to surface and leave for 1 minute
- Use clean towel or paper towel to wipe off.

Check with local health authorities about other disinfectants such as phenyl, etc.

Steps to help prevent the spread of COVID-19 if you are sick



Based on:
Centers for Disease Control and Prevention, USA.

If you are sick with COVID-19 or think you might have it, follow these steps:



Stay home except to get medical care

- Stay home: if mildly ill, recover at home
- Call before you get medical care to help the office protect themselves and other patients
- Go to emergency, if you have high fever or have difficulty breathing
- Avoid public transportation

Separate yourself from other people in your home



Stay away from others

- Do not go to work or school
- Stay in a room isolated from other family members
- Use separate bathroom if available
- Isolate yourself from elderly or those who have chronic conditions
- No visitors to your home

Cover your coughs and sneezes



- If you are sick, wear a facemask (if available) around other people and when you visit doctor



- Cover mouth and nose with a tissue
- Throw used tissues in a lined trash can
- Immediately wash your hands with soap and water for at least 20 seconds. Or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol